

## WILL POWER

There is no force  
more **POWERFUL**  
than **WILL POWER**.



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**BUILD A HAPPIER,  
HEALTHIER, KID**



## ELBOW GREASE

Achieve success with  
**HARD WORK** and learn  
the value of **EFFORT**.

## JOIN US FOR HEALTHY KIDS DAY

Saturday, April 26  
10:00 a.m. – 4:00 p.m.  
Chinatown YMCA

A special day of fun activities  
meant to help build on the  
incredible potential inside  
each and every child.

## STAND TALL

Every kid becomes a  
**GIANT** inside when they  
feel like a **CHAMPION**.

**CHINATOWN YMCA**  
273 BOWERY, NY, NY 10002  
(212) 912-2460  
[chinatown@ymcanyc.org](mailto:chinatown@ymcanyc.org)  
[ymcanyc.org/chinatown](http://ymcanyc.org/chinatown)

**HEALTHY KIDS DAY®** is **THE** day for kids to get a jump on a summer full of activities – from sports to crafts to learning—that will keep them growing and achieving. Join us and start a journey that lasts kids a day, a summer and, we hope, their entire future.

## SCHEDULE OF EVENTS

FACE PAINTING	10:00am - 4:00pm	Outside Lot
ARTS AND CRAFTS	10:00am - 4:00pm	Pool Observation Deck
HEALTHY Y SNACKS STATION	10:00am - 1:00pm	Seminar 4
PLAY STREET	10:00am - 4:00pm	Outside Lot
XBOX KINECT	1:00pm - 3:30pm	Seminar 1
TENNIS	10:00am - 11:00am	Gym
SPORTS BUGS (3 - 5 YEAR OLDS)	10:00am - 11:00am	Gym
B - BALL JUNIOR (7 - 12 YEAR OLDS)	11:00am - 1:00pm	Gym
BUILD AND PLAY	1:00pm - 2:00pm	Gym
INDOOR PLAYGROUND	1:00pm - 2:00pm	Gym
TAI CHI	1:00pm - 2:00pm	Outside Lot
ZUMBA	2:00pm - 3:00pm	Outside Lot
LIU Blackbirds Volleyball	2:00pm - 3:00pm	Gym
OPEN FAMILY REC	3:00pm - 4:00pm	Gym

## INFORM YOURSELF BY VISITING OUR COMMUNITY PARTNER TABLES!

Charles B. Wang Teen Resource Center  
Emblem Health  
Goloka Juice Bar and Health Shop

New York Fire Department  
New Jersey Dental School  
Exploring Paths